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Dear colleagues, **you are all invited to Amsterdam - January 16th 2016 !**

- The IASK board is pleased to extend an invitation to everyone for the third Annual Meeting of Associations! The 2016 AGM and meeting are scheduled to take place January 16, 2016. We hope that you will consider spending a few inspiring and relaxing days with us at this event, co-sponsored with our associate member **Beroepsvereniging voor Kinesiologie**, in **Amsterdam**, Netherlands.

This meeting is an opportunity to get to know practitioners and Instructors from around the world. To compare notes and cooperate to advance Specialized Kinesiology work. We have not yet worked out the whole program. We shall keep you informed via this Newsletter, and as we get closer to the meeting, you will be able to find detailed information on this website www.kinescbc.blogspot.com.

- We are also glad to announce that the **“Research Project on Knee Pain and Dysfunction”** has entered into its active phase. Since April 1st 2015, many Professional Kinesiologists around the world have started to research the relationship between knee pain and muscular dysfunctions.

A medical study has shown that the primary reason for knee problems was the impaired function of the muscles supporting the knee joint. This is why in this Research Project, proposed by Wayne Topping and coordinated by Annemarie Goldsmith, we want to study how balancing these impaired muscles - primarily the different branches of the Quadriceps, but also the Gracilis, Popliteus, Tensor Fascia Lata, Biceps Femoris, and Semimembranosus - with simple kinesiological methods can improve the discomfort. The research protocol is very simple. We will just monitor the four components of the Quadriceps muscle and balance them using Neurolymphatic and Neurovascular reflexes, following a specific protocol. In case the pain or some of the pain is still there after one or two sessions then we will test the other 5 muscles connected with the knee joint. After maximum 3 sessions, we will re-evaluate the discomfort, and see how the kinesiological balances have effected the Knee. Through this research we want to give a statistical proof of the effectiveness of Kinesiology. Kinesiology is such a complex method that it's difficult to explain scientifically, but we can show how it can benefit the body from a statistical point of view.

The Research will end on December 31st 2015, and we will inform you, as soon as possible, about the results. All the data of the different participants to the research will be analyzed and we will write a scientific article about this project.

This is the list of the countries where Professional Kinesiologists are taking part in this research:

<ul style="list-style-type: none">• AUSTRALIA;• CANADA;• DENMARK;• FRANCE;• GERMANY;• HUNGARY;• IRELAND;• ITALY;	<ul style="list-style-type: none">• NETHERLANDS;• RUSSIA;• SOUTH AFRICA;• SPAIN;• SWEDEN;• UNITED KINGDOM;• USA.
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- Please double check that your name and details have been added to the list of members on the IASK website <http://www.iask.org/en/directory>. Remember that as a Regular or Associate Member, you can also add a photograph and details about your workshops. These are published on our members' webpage www.kinescbc.blogspot.com. In order to appear there, you need to fill out the **Form for Website listing** downloadable from www.iask.org/en/downloads, and send it back **in Word format** to home-office@iask.org.

Warm regards from the board of IASK!